

Saline County Wellness Committee
February 17, 2017

The Saline County Wellness Committee meeting was called to order at 8:10 a.m. on February 17, 2017. Present were Lori Moldenhauer, Jamie Houser, Brandi Kelly, Tim McDermott, Marvin Kohout, Russ Karpisek, Jenn Chavez, Bruce Filipi and Adam Drake.

Tim advised those present of the open meetings law posted at the back of the room.

The agenda was approved by general consensus.

The minutes from the January meeting were reviewed. Kory's name was missing from the list of attendees. Bruce made a motion to approve the minutes from that meeting with the addition of Kory's name, seconded by Marvin. Motion approved.

At this time, the meeting was opened for Employee open forum to address the committee. No employees were present.

Tim asked for a motion to be made to enter closed session. Bruce made the motion to enter into closed session, seconded by Marvin. Motion carried. Tim announced that the purpose of the closed session is to discuss Employee D and E alternative standard requests for the 2017 wellness program. Bruce moved to exit closed session, seconded by Marvin. Motion carried. Tim announced that Employee D and E's request were considered and no action was taken.

Marvin made a motion to adjust the exercise points for Employee D, to allow the employee the ability to maintain the current exercise level. Bruce seconded. Motion carried.

Marvin made a motion to postpone a decision on Employee E's request until further information is obtained from Employee E. Jamie seconded. Motion carried.

Jamie received a lot of positive responses from employees who went to the January educational class with Alison Leonard. Brandi stated that there were about 11 people who attended the February educational class with Elly Reedy. Brandi and Jamie informed the group that on March 21st, Bruce Wahl from Crete Chiropractic will be doing a presentation. He has informed them that it will be a class that will be active and that individuals need to come in comfortable clothing.

Tim has been trying to find a presenter to visit with us regarding mental health. He has been in contact with Public Health Solutions and they have a class that could be done in a 1 to 1 ½ hour presentation regarding "QPR" or Question – Persuade – Refer. He also has a call into Crete Area Medical Center and Region V to see if they have anything that they can provide.

Brief updates were given on the January and February challenges. Ideas are being thought of for future challenges. Ideas that have been brought forward are:

1. Walk Across Nebraska challenge – however, this time, to allow individuals to pick their own teams, smaller number of individuals on teams and to run a longer time period.
2. A year-long challenge – individual would choose which challenge they would like to participate in and do the challenge the full year
3. Having a challenge that would prepare the individual to walk/run in a 2 mile or 5K challenge such as the Duck and Dumpling run.
4. Step Challenge – trying to get up to 10,000 steps per day. There would be points for reaching different levels of steps.

Tim reminded the committee that the NIRMA online class runs through March 31st. At our March meeting, we will need to pick out the next quarter's class.

Tim presented an update flyer for the fitness center.

Tim informed the group that he has purchased a new video camera, tripod and editing software for the wellness committee. The video camera can be used for recording various things (educational classes, how-to videos, NIRMA classes).

On February 2, a number of committee members met at the law enforcement center to calculate the exercise points for those individuals who turned in their 2016 wellness packets.

Brandi informed the group that on February 27 at 10 a.m. in the County court room, Karen and Megan from Madonna Fit For Work will be here to present the Know Your Numbers presentation. They stated that they encourage all employees to attend that would like to. If there are employees who would like to have their waist measurement retaken, this would be the time to come.

Discussion was held on when the final point tabulations will be completed. At this point, it is hopeful to have the points tabulated and ready to distribute to employees by March 6th. We will need to work with the new employees from 2016, to determine the amount of exercise points that will need to be prorated. After notification on March 6th, we could allow employees until March 17 to notify the committee that they would like to protest their points. The protest hearing will then be set at a later time.

Tim reminded the committee that the 2017 Impact Survey will be offered March 20 through April 7, 2017

Tim asked the group if they had any suggestions for topics to be placed in the March newsletter. If there are suggestions, please let him know.

Brandi has reviewed the applications file for the 2017 Wellness program. There are a number of employees that have yet to turn in a sheet, indicating that they will or will not participate in the program. She has emailed the listing to all committee members and requested that the committee members contact those employees that they work with or know.

Marvin informed the committee that he participated in a Public Health Solutions survey regarding safety and wellness. He stated that there were 665 people that participated in the 60 question survey. He was surprised with the results.

Marvin has also been trying to come up with someone to do the spring nutrition class. At this point, he has not heard back from the person he has contacted, but is looking into other options. As he has not come up with a presenter, it was suggested that the possibility of having the PHS "QPR" presentation in the spring and then waiting until the fall for the nutritionist. Tim and Marvin will present the information to the safety committee at their next meeting.

The next regular meeting has been scheduled for March 10th at 8:00 a.m. in the assembly room.

There being no further new business, the meeting was adjourned.

Brandi Kelly
Co-Chair
Secretary